



the Scarlet Spa

The Scarlet Spa is a world away from the usual beauty offerings and promises of everlasting youth. We will involve you in a spa experience that goes deeper than conventional treatments, helping you to listen to your body's needs and find ways of coping better with life's stresses. Using age-old Ayurvedic traditions and therapies, we provide a range of treatments designed to revive both body and soul.

"We know we have succeeded if you go away with a clear mind, a lightness of step and a deeper understanding of yourself."

Rebecca Whittington - Spa Director



The spa, with its tented rooms, is a contemplative place.

The relaxation area has **cocoon-like pods**, swinging gently from the ceiling, where, following your treatment, you can drift away for a while...

Visit our hammam and rhasoul; cover each other in mineral-rich mud and **feel your skin come alive**.

Outside, our log-fired hot tubs invite you to **stargaze or storm watch***.

Perhaps you will be tempted to relax in our eucalyptus and menthol steam room, **refreshing your lungs**, prior to taking a dip in our outdoor natural pool, surrounded by self-filtering reeds and other plants...

...or take a **lazy swim** in our warm (chlorine-free) indoor pool – gazing out to sea as you float around.

"The spa at Scarlet is a calm, restorative place, where life is allowed to slow down and people can take time to re-discover themselves and each other. We look forward to welcoming you."

Steph Crosby - Spa Manager

* Hot tubs and seaweed baths may not be available in high winds.

The Scarlet Spa's therapeutic offering centres around a series of journeys, each designed to help you find ways of regaining life balance. Journeys can be experienced alone, with a partner or friend. **Three to four hours long**, they give enough time for you to unwind properly and for us to make a real and lasting difference to your wellness.

Take me on a journey...remind me life is for living.

Each journey involves:

an individual consultation – during which your therapist will explore your Ayurvedic dosha type and prescribe the most suitable journey for you.

a bathing ritual – to prepare your body, opening your pores, cleansing your skin and relaxing your muscles. Our bathing rituals include either a seaweed bath out on the cliffs or a body tingling scrub within our hammam or a 'get messy' rhasoul experience using mud to detoxify the skin.

relaxation time – time for you to just 'be', to lie and ponder the beauty of your surroundings, to quieten your mind and let go of your stresses and worries. Time to remind yourself of some of the positive things that touch your life.

meditation – a chance to enjoy a guided meditation, to free your mind and prepare your body for your Ayurvedic treatment.

an ayurvedic therapy – a massage treatment carried out within our silent tented treatment space, tailored to suit your dosha type and to address any imbalances identified during your consultation.

deep relaxation – recovery time cocooned in a hammock-like relaxation pod. Personal time and space at the end of your journey is so important to give your body and mind time to absorb the benefits fully.



Just like people, no two journeys are the same.

One of our qualified holistic therapists will prescribe the journey that is right for you on the day.

Here are some examples of journeys that we have created for our guests.

restore £195

Escape to a sanctuary where you'll find peace and space to renew your mind and body. This nurturing journey involves an oil pouring shirodhara and full body marma abhyanga massage, designed to restore emotional balance by soothing your mind and encouraging your body to let go of any anxieties.

re-balance £195

This journey is designed for anyone whose body feels out of sync or their emotional equilibrium off balance. Whether you're feeling irritable, hormonal, or simply run-down, allow us to help you regain your equilibrium through a full body marma abhyanga massage and mukabhyanga face massage to lift your spirits and realign mind and body.

detoxify £195

Designed for someone needing to clear their system of toxins and re-energise their metabolism. This journey combined a pinda sweda massage and an udvartana scrub that worked to detoxify the system and give a metabolic boost that left them feeling fresh and revitalised.

unlock £195

Designed for anyone suffering from deep-seated, neck, back and shoulder tension and other muscular aches and pains. This journey combines a deep tissue agadi dhatu body massage and a yoga session to help unlock muscle spasm and leave your body feeling relaxed and realigned.

energise £195

This journey is designed to increase your get-up-and-go by raising your metabolism, improving circulation and re-igniting your sense of vitality. Combining a stimulating garshan exfoliation and pinda sweda massage, your body will be boosted by a natural release of endorphins leaving your body ready for action and your mind alert and clear.

create (for mums-to-be from 12 to 40 weeks) £195

Designed for our pregnant guests to support the amazing changes experienced during pregnancy. This journey begins with a hand and foot scrub, followed by an Ayurvedic massage suited to your trimester - leaving you feeling nurtured and revitalised. Please make us aware you are pregnant at the time of booking your journey.

soul hunting £215

If you are at a crossroads in life, this journey opens your mind and gives you courage and belief to take a new path or change direction.

A powerful guided meditation session followed by a four-handed samvahana massage and oil pouring shirodhara ritual will touch your soul, inspiring high levels of creativity and self-belief. (The samvahana requires two therapists, so please let us know in advance if you might be interested in experiencing this journey).

If you would like to **learn more about Ayurveda**, or the therapies we offer, then please speak to one of our spa team or see the Ayurvedic section of our website at www.scarlethotel.co.uk.

Making time for each other...

re-discover each other £95 each

This journey is for you and your partner. Following a partner-based consultation, you will have time together within the rhassoul or hammam, followed by exclusive use of our couple's suite for a therapist-led massage lesson: choose what you would like your partner to learn!

Your therapist will then run you a beautiful scented bath and leave you together with a glass of champagne.

re-discover with individual ayurvedic massages £175 each

Following a partner based consultation, you will have time together in the rhassoul or hammam, followed by a synchronised marma abhyanga full body massage, harmonizing your dosha energies. Our therapists will then run you a beautiful scented bath and leave you together with a glass of champagne.

Or you could try our Ayurvedic taster treatment - **an introduction to the power of Ayurveda** - £65. It is designed to give you a taste of the ayurvedic therapies at the heart of our Scarlet journeys and involves a brief consultation to identify any imbalances in your system followed by a bespoke Ayurvedic massage. allow 60 min

Soak me in seaweed, slather me in mud and scrub me down.

Beyond our journeys...we have created a small selection of other therapies:

seaweed bath (for couple or individual) £35 per bath

Our detoxifying seaweed baths use the natural power of organic hand-harvested seaweed to deeply moisturise your skin, improve circulation and promote healing. This is experienced in our log-fired hot tubs on the edge of the cliff, in your own room or in our couple's suite.

allow 45 mins

rhassoul (for couples or friends) £55

A treatment involving steam and mud allowing you to slather your partner in mineral-rich mud and enjoy the long-forgotten childhood pleasure of getting messy, while giving your skin a boost. The rhassoul sequence first dries the mud, then showers you down, leaving your skin smooth and tingling.

allow 45 mins

hammam for two £55

Experience the age-old pleasure of giving each other a good scrub down, using our wonderful warm hammam, which opens your pores and relaxes your muscles, whilst you scrub each other all over with a rehydrating salt scrub and sluice each other down with warm water – splash around as much as you like

allow 45 mins

hammam for one £55

This revitalizing treatment is conducted on a heated hammam bed and begins with a full body scrub followed by the application of mineral-rich mud or an organic seaweed wrap to cleanse and nourish your skin. A traditional bathing ritual that leaves your skin tingling.

allow 45 mins





Wrap me in seaweed, pummel my muscles, release every bit of tension.

voya organic seaweed leaf wrap £95

One of Voya's truly amazing therapies, imagine your body being wrapped from head-to-toe in seaweed leaf. We use the finest seaweed, harvested by hand from the ocean to ensure the highest content of bio-actives is preserved. It detoxifies, firms and softens the skin, is excellent for reducing cellulite and healing skin conditions such as psoriasis and eczema. allow 90 mins

hot poultice massage £95 full body / £65 part body

This powerful treatment, similar to hot stones, uses hot steamed poultices to rhythmically massage the body. The warmth of the poultice opens up your pores and relaxes your muscles helping to release deep-seated aches and pains. part body 45 mins / whole 75 mins

mukabayanga – tri dosha facial massage £40

Working on the face, neck and head, this therapy involves applying firm pressure to lift facial muscles. Massage to marma points increases energy flow and eases problem lines giving you a visible natural facelift. allow 30 mins

soundaryam vardhini - tri dosha facial £65

This facial uses Ayurvedic wild-crafted herbs and spices - including sandalwood and neem - to eliminate toxins and nourish the skin. Combining a marma point facial massage to release tension and encourage energy flow between head and body, it finishes with an invigorating cold compress. allow 60 mins

shilajita mumiyo - tri dosha rejuvenating facial £70

This traditional Ayurvedic facial uses soft poultices filled with herbs. By stimulating vital marma points, it reduces facial tension leaving you with a bright, nourished complexion. The facial targets the signs of ageing, combating fine lines and wrinkles while encouraging skin rehydration. allow 60 mins

Make me **feel** young and beautiful:
Embracing ageing with a smile.

voya anti-ageing facial £70

This rejuvenating facial therapy combines marine anti-oxidants and minerals to give the skin a nourishing uplift. Seaweed strips are applied to your face (the after effects are amazing) leaving you with a natural, radiant glow. allow 60 mins

voya environmental defence facial £90

This combines a facial, using hand-harvested organic seaweed fronds and a marine mask, with a back and scalp treatment to cleanse, massage and release toxins around the head, neck and shoulders. allow 90 mins

Break free from convention, feel the breeze in your hair

We believe in taking our therapies beyond the seclusion of the spa into the outside world. The following treatments can be enjoyed in your hotel room, the light relaxation space, outdoors on a balcony or within our wonderful log-fired bell tent.

scarlet hand ritual £50 / £60

Designed to leave your hands and arms feeling rejuvenated, this ritual uses re-mineralizing salts and a hand mask- leaving your hands feeling soft and nourished. allow 75 mins / 90 mins with optional polish

scarlet spa foot ritual £50 / £60

This treatment involves a deeply relaxing footbath with exfoliating salt scrub followed by a foot wrap and massage of the lower legs and feet. An overdue treat for an often neglected part of the body. allow 75 mins / 90 mins with optional polish

shirobyanga -tri-dosha ayurvedic head massage £40

An ayurvedic head, neck and arm massage, that has been used in India for centuries, to release muscular tension and stress. ayurvedic oils nourish the scalp, promoting hair growth and releasing the tensions associated with migraine, headache and neck stiffness. allow 30 mins

padabayanga – tri-dosha Lower Leg & Foot Massage £40

The ayurvedic alternative to reflexology, this foot treatment starts with a firm massage of the lower leg followed by a marma point foot massage using deep pressure techniques to release energy blocks, improve circulation and increase energy. allow 30 mins

Stretch your body, move your toes
and embrace the Cornish cliff top.

The Scarlet Spa is constantly evolving. We offer a changing programme of classes including yoga, dance, meditation and Cornish cliff walking.

For more information or to contact the spa please call:

01637 861 861

or email:

spa@scarlethotel.co.uk



day escapes

The Scarlet's new day escapes are a chance to leave everyday life behind for a spell so you return a more relaxed and revived you.

All our day escapes include:

full enjoyment of our spa

You're sure to find some Scarlet serenity in our light relax space, our meditation room, steam room or pools.

lunch

Eat in our beautiful spa dining room with its amazing views of the Atlantic.

time

You can escape the daily rush and talk through your day with our spa team.

Spend time together £75 per person

Inspired by couples

Take a cliff top seaweed bath together in one of our log fired hot tubs on the edge of the cliff. Enjoy detoxing together, soaking your muscles and improving your circulation - all while enjoying the breath taking views.

Then choose from:

A hammam for two. While our wonderfully warm hammam opens your pores and relaxes your muscles, you scrub each other all over with a rehydrating salt scrub then sluice each other off with warm water. Splash around as much as you like. 90 minutes

Or

Rhassoul. For this steam and mud treatment you slather your partner in mineral rich mud and enjoy the long forgotten childhood pleasure of getting messy while giving your skin a boost. 90 minutes

Brighten, lift, float £100

Inspired by air

Start with a Ayurvedic Mukabhyanga - a beautiful facial massage focussing on marma points and energy flow to release and refresh your skin.

Finish with a Scarlet nail treat for either hands or feet, a file and polish treatment with Sparitual polish. 60 mins

Calm, ground, unwind £125

Inspired by earth, ideal for men

This escape begins with an Ayurvedic Shirobhyanga - a beautiful head, neck and arm massage, focussing on marma points and energy flow.

Or

Ayurvedic Padabhyanga - a beautiful foot and lower leg massage focussing on marma points and energy flow to put a spring in your step.

Finish with a hammam - a full body scrub using our own sea salt and seaweed scrub full of essential oils. 75 mins

All about you £140

Inspired by space

Start with an Ayurvedic consultation. Your holistic therapist will take time to introduce you to Ayurveda, understand your body type and dosha, and working toward a more balanced you.

Take a cliff top hot tub. Savour the view, the gently heated fresh water and the amazing feeling of space.

Finish with a massage-led TriDoshha Facial using bespoke Ayurvedic products to uncover a brighter you. 135 mins

Invest in yourself £140

Inspired by wood

Enjoy a cliff top hot tub. Savour the view, the gently heated fresh water and the amazing sense of space.

Have an Ayurvedic consultation. Your holistic therapist will take time to introduce you to Ayurveda, understand your body type and dosha, and work toward a more balanced you.

Finish with a hot poultice massage - a powerful treatment using steamed poultices to rhythmically massage the body, opening pores and relaxing muscles (part body). 135 minutes

Spirit, pamper, ignite £155

Inspired by Fire

Ayurvedic Massage- Your holistic therapist will take time to introduce you to Ayurveda, understanding your body type, dosha, and using marma point massage bespoke to you.

Scarlet Foot Ritual- Footbath, scrub, wrap, massage of feet and lower leg, will lighten your step! Finish with Sparitual polish. 150 minutes

Soothe, detox, relax £160

Inspired by water

Start with a cliff top seaweed bath - a net of organic Irish seaweed added to your log fired hot tub to restore and detoxify.

Indulge in a Voya seaweed leaf wrap. Be wrapped head-to-toe in the finest seaweed - a great detox, firms and softens the skin, reduce cellulite and heal skin conditions such as eczema and psoriasis. 135 minutes

Journey for the day from £195

A Scarlet Journey is tailored to your needs on the day. An experienced holistic therapist will work with you to design ways of regaining your life balance through Ayurvedic treatments. Three to four hours long, Journeys give enough time for you to unwind properly and for us to make a real and lasting difference to your wellness. 240 minutes

To book a Day Spa Escape email spa@scarlethotel.co.uk or call 01637 86186

spa lunch

A two-course spa lunch is available for £15 between 12.30pm and 2.15pm. Please book when you arrange your treatment.

spa classes

We offer spa activities from yoga to singing lessons and nordic beach walking. Pre-booking is essential.

A timetable of activities throughout the day is also available. Hotel guests are entitled to one complimentary class per day, an individual fee is applied for day guests.

Six week courses of select classes are available for local residents. Tutors may also be booked for private lessons.

booking info

Hotel guests please arrive in your robe (provided in your bedroom) 15 minutes before your treatment is due to begin.

All spa treatments are subject to availability and pre-booking is essential.

We have a cancellation fee of 75% if you cancel within 48 hours of your appointment and we are unable to re-book the slot.

The spa has a no shoe policy. Please bring flip flops or slippers for your own comfort.

Don't forget your swimwear, particularly for the seaweed bath and hot tub experiences.

* Hot tubs and seaweed baths may not be available in high winds.

health conditions and pregnancy

We embrace health imbalances and pregnancy as a normal part of life. With a confident understanding of the effects our treatments have on the human body, we are able to create bespoke treatments for anyone. Please contact us to discuss your individual needs.

opening Hours

Treatments.....10am - 6pm
(Late night therapist Monday and Friday)
Hot tubs and seaweed baths.....10:30am - 7pm
Swimming pools and steam room7am - 9pm
Spa telephone line.....9:30am - 6:30pm

01637 861861

spa@scarlethotel.co.uk

www.scarlethotel.co.uk

wellbeing escapes

The Scarlet's new wellbeing escapes are personalised, bespoke breaks. A pre-arrival telephone conversation with a holistic therapist will establish your ayurvedic dosha – your individual mind and body type - from which the therapist will build a personalised experience to suit your lifestyle and body rhythms.

This includes matching you with the right therapist, who will remain your healing hands throughout your stay. Guests are also paired with a class tutor, with whom they can choose two classes from a unique selection. From yoga and Nordic walking to singing lessons - it all depends on you, your dosha and your goals for your stay.

Escapes (3-nights including dinner bed and breakfast) start from £790 per person based on two people sharing a room.

Wellbeing Escapes include:

sleep easy

Understand the body's natural night time rhythms and find the way to a stress-free slumber.

inner youth

Learn to love the body, whatever age, and unwrap a more youthful you naturally.

stress soother

Eliminate the stresses of modern life and get the body

back on an even keel.

vitality boost – Cleanse the body on the inside and out with the guidance of a lifestyle and meal planner, which will yield a more energised, lighter, happier you.

all Scarlet Escapes include:

pre arrival

A posted questionnaire and follow-up telephone consultation (to discuss the results from the questionnaire previously and plan your escape) allow 30mins

arrival day from 2pm onwards

On arrival a footbath with an introduction to the spa, time to discuss your timetable and for us to deliver our recommendations of how you can get the best from your stay with us.

- Option for additional treatments or sessions.
- Time to acquaint yourself with the area.
- Relaxation time - we will recommend an individual relaxation activity right for you during your stay.

day 1

- Optional 8am spa class.
- Meet your holistic therapist and be guided on a full Journey, tailored to suit you. allow 4hrs
- Meet your personal class tutor for your first one-to-one. allow 1.5hrs
- Relaxation time - we will recommend an individual relaxation activity right for you during your stay.

day 2

- Optional 8am spa class
- Follow up treatment with your therapist allow 1.5hrs
- Follow up 1-2-1 session with your personal class tutor. allow 1hr
- Relaxation time - We will recommend an individual relaxation activity that is right for you during your stay.

day 3

- Home time Tri-Dosha lifestyle consultation with your holistic therapist who will guide you on how to gently alter your lifestyle to keep you balanced.

refreshments

We provide herbal teas recommended to suit you throughout your stay.

food

Dinner and breakfast are provided. We will liaise with the kitchen to suggest the style of food that we recommend you eat during your stay, depending on your ayurvedic dosha. The restaurant hosts will offer you these during your meals, but it is your stay so please do not feel pressured to choose our recommendations. Please note, lunch is not included.

guest activities

Our guest activities are complimentary. All abilities are welcome. and activities are also available as one-to-one sessions.

